

Online health coaching programs

Two steps to find four quick and easy ways to better health and complete your coaching requirement to save \$25 month.

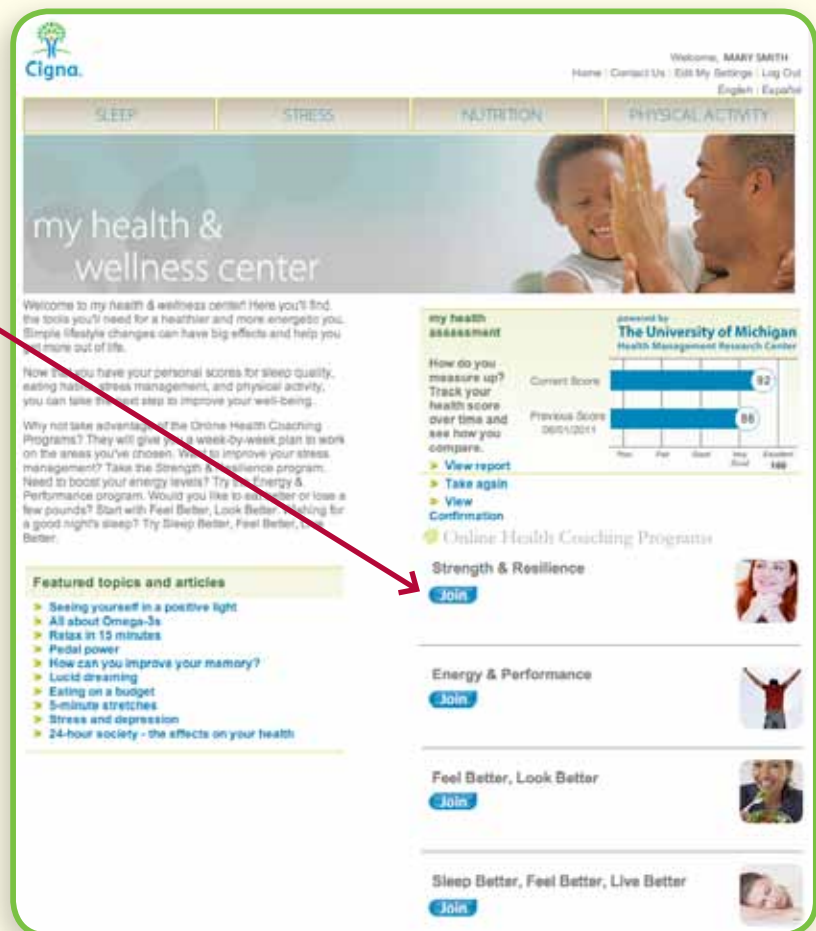


Log on to **mycigna.com** and click on **My Health Assessment** under the **Manage My Health** menu.



Join one or more of the four coaching programs. Read three articles and you've completed your requirement.

To complete your requirement in one sitting, choose the **Strength & Resilience** or **Sleep Better, Feel Better, Live Better** program - these have three articles available instantly. Or sign up for more than one program. Two articles are available for **Energy & Performance** and one is available for **Feel Better, Look Better**. All programs are 8-weeks long. Each week, you will receive an email with more articles to read. Click on the link in the email and log on to mycigna.com to read the articles.



DiscoverHealth

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